# 51st Fighter Wing

Integrity - Service - Excellence



# 2012 Critical Days of Summer

Week 4: Sports and Rec, not Wreck



## **Sports and Recreation.**

#### **Sports and Recreation:**

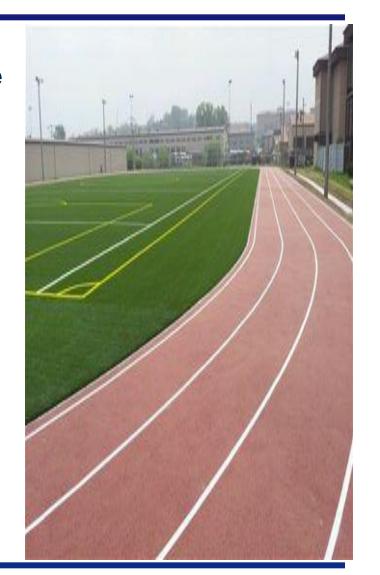
- Leading cause of mishaps in the Air Force
- During FY11 CDS there were 354 reportable mishaps involving military members, 3 were fatal.
- Common injuries include:
   Tears of the ligaments
   Tears of the tendons
   Dislocated joints
   Fractured bones, including vertebrae.
   Muscle sprains and strains





### **Sports and Recreation.**

- Sports:
- Do warm up/Cool down exercises before and after activities.
- Wear properly fitting shoes that provide shock absorption and stability.
- Wear Appropriate PPE for the sport you will be participating in.
- Know the rules of the sport.





## **Sports and Recreation.**

- Recreation
- Before engaging in recreational activities know the risks.
- Check the weather.
- Wear appropriate PPE for the activity.
- Don't wing it, get the appropriate training.
- Complete the AF Form 4391 before participating in high risk activities.
- Always let someone know when and where you will participating in high risk activities.





# **Sports and Recreation Links**

- http://www.google.com/url?sa=t&rct=j&q=sports%20recreation%20saf ety&source=web&cd=134&ved=0CD0QFjADOIIB&url=http%3A%2F%2 Fwww.public.navy.mil%2Fnavsafecen%2FDocuments%2Fseasonal%2 FSummer%2520Campaign%2FSafety\_Tips\_Recreation\_2011%2520Aut osaved.ppt&ei=Tx9FT6PkO4bhiAKbie3iDg&usg=AFQjCNE4IEcG3xAB sfpGwtSb3EUXbz6A0w
- http://www.niams.nih.gov/Health\_Info/Sports\_Injuries/default.asp
- http://www.ok.gov/health/Disease, Prevention, Preparedness/Injury
   Prevention Service/Fact Sheets/Sports and Recreation/index.html
- http://www.ohsu.edu/xd/health/services/doernbecher/patientsfamilies/safety-center/parents/sports-rec/